

Reign of Theodosius I (the Great)

The Romans mundae - 8 days  
to market day - lasted till  
Theodosius. He formally introduced.  
It (The 7 day week) may have been  
initiated by Constantine

Baptized in 380, Theodosius rooted out  
Arianism and paganism. He called  
the 1st Council of Constantinople

393 A.D.

The Olympic Games were  
at 4 year intervals until about  
393 A.D. when they were outlawed  
by the Roman Emperor Theodosius